

Health. Beauty And The Home



How to Save the Nation's Babies

By Harvey W. Wiley, M. D.

The Famous Authority on Pure Food and Director of the Bureau of Foods, Sanitation and Health of "Good Housekeeping" Magazine.

ONE of the most important problems which now confronts us is saving the infants that unnecessarily die. Miss Julia Lathrop, the head of the Children's Bureau of the Department of Labor, has inaugurated a nation-wide campaign in behalf of the infant and the child under five. Statistics show that approximately 300,000 children of this age die in the United States every year.

If we were to read the casualties from the European battlefields summed up at the end of the year, showing that 300,000 American soldiers had been killed during the twelve months we should be appalled.

But the death of the soldier in battle is glorious. It is the supreme test of his loyalty and sacrifice. He goes into the fight knowing the chances that he takes. To die on the field of battle has always been esteemed a privilege by the soldier and the help it craves!

The child has no such claim upon the glory of death. The greater number of these children are infants and as the word implies, they cannot tell of their pains and sufferings. Tennyson beautifully describes the language of the infant crying in the night: "Its only language is a cry."

Mutely the suckling infant looks into the eyes of its mother and father with confident appeal for help. How cruel to deny the help it craves.

Our first purpose should be to prevent the illness; it is often too late after disease has made the child its victim. The

great majority of infants that die during the year perish during the hot months. As the temperature rises so does the death rate among infants.

As a rule it is not the high temperature that kills. It is the effect of the high temperature upon the child's food. In the case of an infant the only food it should have is milk. A high temperature has a disastrous effect upon the milk.

When milk is kept cold (near the temperature of ice) its bacterial growth is very slow. When the temperature of milk rises to 80 or 90 degrees its bacterial growth is enormously increased. Not only do the harmless bacteria grow in increasingly great numbers, but also the organisms which tend to produce disease.

There are thousands of parents who do not know the importance of keeping milk cold. There are other thousands who do not have the facilities to keep milk cold. Thus between ignorance and inability the child has little chance for its life. This is why the danger months for the infant are particularly July, August and September.

A factor which strongly affects infant mortality is the income of the father. As the income falls below a thousand dollars a year the death rate of the child increases. It is not until the income reaches about twelve hundred dollars that the death rate of the children falls to normal.

The reason of this relation is not difficult to discover. In the family where the father has a small income, pure, sweet



"A woman's beauty depends to a large extent upon the mobility of the tiny muscles of her eyes."

milk, kept on ice until it is time to feed it to the child is not usually found. It is not the temperature of the milk which it is at fault, because all milk fed to infants should be at the temperature of that coming from the mother's breast.

It is then the unfavorable environment due to poverty which is the cause of the high death rate.

An infant not weaned by the first of June should not be weaned before the first of October. It is a grave threat to the health of the child to give it other than the mother's milk during the hot months. It is far better that a child should be weaned before it is nine months old on the first of June than to be weaned at eleven months on the first of August. Hundreds of lives would be saved by obeying this injunction.

Another cause of the high death rate among infants is the working mother. I mean by the working mother, the mother who goes out from the house to work for wages, not the one who works to keep her house in order at home.

No mother can delegate her functions to another. Motherhood is the most valuable and productive industry in the world. No other form of industry should be allowed to usurp its place.

The State and the city should take vigorous steps to prevent mothers from working out of the home. Such assistance as is necessary to keep her at home should be freely granted.

The State requires the child of a certain age to go to school. It has the same duty and right to keep the mother of the infant at home.

Your Precious Eyes

By Lina Cavalieri, the Most Famous Living Beauty.

THE good housewife knows that nothing is so necessary for ventilation as having the windows in good working order, so that the air may be readily admitted or expelled. So she is careful to keep the pulleys in good running order, and if a frame becomes swollen from moisture she at once has this defect remedied. If we were as careful to keep our eye motors in good working condition there would be far less call for eyeglasses with the expense and lack of beauty which their use entails.

The pupil of the eye which dilates in the dark and contracts in the light is the original soul window. It is merely a hole which becomes smaller or larger as the pulleys of the iris contract or relax.

You know that all muscles feel better when they are evenly exercised, and you realize how refreshing the darkness is after spending much time in a bright light. One of the easiest ways of keeping yourself fresh is therefore to close the eyes from time to time and enable the muscles which have been holding the pupils into pin points to relax. For closing the eyes is equivalent to going into the dark.

The part of the eye which most closely resembles a window, however, is the lens which is placed right over the iris or colored part of the eye. If the lens loses its transparency, as it does in cases of cataract, it is as impossible to see as it is to look out of a pane of glass which has been covered with paint.

A number of little muscles move the lens forward or back according as the object to be observed is near or far away. Yet because so many parents and teachers forget that the tiny eye muscles must be evenly used, many a boy and girl is obliged to wear eyeglasses for the astigmatism which is caused by lack of even work among the tiny lens muscles.

The best way to keep the muscles of accommodation in good condition is to remember that you possess these tiny structures and offer them a change of work. If you are playing bridge at the end of each rubber, if not oftener, make it a point to look far down the room and carefully get the details of the costumes or decorations down there well in your mind's eye. If you are reading or doing other close work raise your eyes every half hour or so and look out of the window.

Aside from considerations of health the habit of mobility of all these tiny eye-muscles makes for beauty and intelligence in the countenance of their possessor, for when her moods change the expression of her face reflects these changes as a limpid pool reflects the passing of clouds and sunshine.

I am not mentioning the various moods or ideas which may shine out through your eyes when these latter acquire the art of responding quickly to your mental stimulus, for this subject would require a whole course of study. Yet sympathy with the life around one and a well stocked mind would be the two principal topics of the entire study.

When one of the greatest of our old masters painted the clearest woman of his day he imparted so much of this look of movement to her features, though they are in repose, that to this very day Mona Lisa's laughing eyes are storm centres which draw her admirers and detractors into battle. And what greater reward could be asked by a clever woman than to be a mental stimulus to the world for many centuries after her departure?

Tested Cooking Recipes

Peanut Flour and Cottage Cheese Loaf.

MIX 1 cup cottage cheese, 1 cup peanut flour, 1 egg, 1 teaspoonful salt, 1 cup chopped nuts, 1 cup cooked rice, 2 tablespoonfuls finely chopped onion (previously cooked until soft in ½ cup water), 1 tablespoonful melted fat and a dash of pepper. Shape into a loaf and cook about 35 minutes. Serve hot with tomato sauce.

Peanut Flour Gingerbread.

MIX and sift 1½ cups flour, 1½ cups peanut flour, 4 teaspoonfuls baking powder, 2 teaspoonfuls ginger, 2 teaspoonfuls cinnamon, ½ teaspoonful salt and ¼ teaspoonful soda and add 1 cup molasses, 1 cup milk and 4 tablespoonfuls melted fat. Turn into a greased pan and bake in a moderate oven about 25 minutes.

Peanut Flour and Cornmeal Biscuits.

MIX and sift 1 cup cornmeal, 1 cup peanut flour, 1 cup sifted flour, 2 teaspoonfuls salt and 2 teaspoonfuls baking powder. Work in 4 tablespoonfuls shortening with two forks and add liquid enough to make a soft dough. (It will require a little more than 1 cup of liquid.) Turn out on lightly floured board, pat and roll about ¼-inch in thickness, cut and bake in a rather quick oven.

Favorite Sherbet.

BOIL 4 cups of water and 2 cups of sugar about 20 minutes. Cool and add the juice of 3 oranges, 3 lemons and 3 bananas pressed through a ricer. Freeze to a mush, add the stiffly beaten whites of 2 eggs mixed with 4 tablespoonfuls sugar and finish freezing. If you wish a richer dessert add 1 cup of cream whipped and sweetened with the egg whites.

By Mary Lee Swann
Principal, Scudder School of Household Arts.

Oatmeal Muffins.

BOIL 1 cup rolled oats and 2 tablespoonfuls corn oil in 1 cup milk 1 minute. Set aside to become lukewarm. Dissolve 1 cake yeast and 2 tablespoonfuls corn syrup in ¼ cup lukewarm water and combine with first mixture. Add ½ cup whole wheat flour mixed and sifted with ½ cup flour and 1½ teaspoonfuls salt. Beat well. Set aside to double in bulk (about 1

Loganberry Jelly.

SOAK 1 tablespoon gelatin in 4 tablespoonfuls cold water. Dissolve in ½ cup of boiling water, add ½ cup sugar and 1 cup loganberry juice. Turn into a mould rinsed with cold water.

Beauty Questions Answered

MY nose troubles me a great deal; it looks so shiny and red. I take plenty of exercise, drink a glass of water in the morning and use only very little alcohol. What should I do? —ELIZABETH K.

When not due to over indulgence in alcohol an excessively red nose is usually the result of indigestion or clothing that is too tight. In the first stages of the trouble you might

try bathing the unfortunate feature frequently with this:

Distilled water 50 grams
Rose water 50 grams
Tincture of benzoin 1 gram
Sulphate of potassium, 1 gram

COULD you prescribe anything for removing a deep wrinkle which has formed between my eyes as a result, I believe, of constant frowning? E. D.

Light—that is—surface massage is a good corrective for wrinkles. Use the following cream when you are doing this. It has an excellent astringent effect and will help to tighten the skin:

Almond milk 1½ ounces
Rose water 6 ounces
Alum 60 grains

If the wrinkle is too obstinate for this treatment to produce a cure, then cut some adhesive plaster into strips and paste them across the wrinkled surface after the skin has been drawn taut into place by the thumb and forefinger.

DO you know of any way by which I can make myself grow taller?—B. R.

Any exercises that will render the body lithe and supple, develop its weak muscles or deepen its breathing will prove an important factor in toning up the entire system. This will stimulate the circulation and form the right basis for further bodily development. The stretching exercises are particularly efficacious. Take up some daily gymnastic work and go in for active out-of-door sports. These things, if enthusiastically done, will lead you to acquire that all-around physical development that is so attractively alluring in the conception of the Grecian Diana. If your height happens not to measure up to the ideal perfect proportions of five feet five, perhaps you are doowered with a pearly, rose-leaf complexion, or beautiful, lustrous hair. Be your own severest critic and discover all your faults, if you wish, but do not neglect to count your blessings also.

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